

SEATED LEG PRESS WITH A THERA-BAND

This exercise strengthens hip muscles, critical for getting out of chairs and walking up inclines or stairs. Strengthening hip extensors also plays a role in enabling upright posture.

Benefits »

- ⦿ Strengthens hip extensors.
- ⦿ Uses Thera-Bands, which can be easily adjusted to increase or decrease difficulty.
- ⦿ Allows participants to do this leg press seated.

Set It Up »

You will need Thera-Bands or tubing for each participant.

How to Do It »

The Start

- ⦿ Participants sit all the way back in their chair and place a Thera-Band under one foot, like a stirrup. They should wrap the ends around their hands and hold the elbows to the torso.
- ⦿ Lift the knee in the stirrup up toward the chest, bringing the forearms and hands toward the chest.
- ⦿ They should keep their forearms and hands anchored to the chest throughout the exercise.

The Moves

Use the following cues.

- ⦿ Press the foot and leg downward toward the floor (keep forearms and hands on the chest).
- ⦿ Push down into the Thera-Band until that thigh touches the chair.
- ⦿ Lift again.
- ⦿ Repeat 8 to 15 times, as tolerated, with each leg.
- ⦿ Stretch the hamstrings and gluteal muscles when finished (seated Gentlemen's Bow).



Take It Further »

- ⦿ Tighten up on the band (this shortens the length of the band and provides more resistance).
- ⦿ Use a stronger band.
- ⦿ Slow the speed of each push.

Keep It Safe »

Make sure participants sit all the way back in their chair. This position keeps their back from feeling the weight of their legs. Be sure to cue participants to keep their abs in on each lift.